



FitnessPilates

Intermediate Workout

with **Rocco Sorace** - Personal Trainer & Published Author

This revitalising, Fitness Pilates workout has been tailored for you to perform in the comfort, security and convenience of your own home.

*This film is exempt from classification
Produced by Shore Light
in conjunction with Focuss Fitness
Presented by Rocco Sorace
Shot & Edited by Chris Reickmann
Grip & B Camera John Blake
Special thanks to Nathan Vercò*



BONUS RELAXATION
for that extra bliss

Fitness Pilates = improved posture = healthy well-being

